

Cardiac Arrest Management
Maine EMS Practical Exam for First Responder and EMT-Basic
Station #1
General Information

Objective:

Each candidate must demonstrate cardiac arrest management, including the use of a semi-automatic defibrillator (AED), and either 1 CPR sequence or 1 Foreign Body Airway Obstruction (F.B.A.O.) sequence chosen randomly by the candidate.

Equipment:

Adult CPR manikin	Skill selection cards
Child CPR manikin	Station 1 skill sheets
Infant CPR manikin	Blanket
Alcohol wipes	AED with batteries and rhythm generator
Manikin cleaning materials	

Personnel:

Examiner knowledgeable/proficient in Maine EMS standards for Cardiac Life Support

Procedure:

Each candidate must demonstrate cardiac arrest scene management including AED use. In addition the candidate must choose at random one envelope containing 1 CPR sequence skill card or 1 F.B.A.O. sequence skill card and perform those skills.

The CPR sequence skills for this station are:

- ♦ Adult One-Rescuer CPR
- ♦ Infant One Rescuer CPR
- ♦ Child One Rescuer CPR

The Foreign Body Airway Obstruction (FBAO) skills are:

- ♦ Adult FBAO Responsive becomes Unresponsive
- ♦ Infant FBAO Responsive becomes Unresponsive
- ♦ Child FBAO Responsive becomes Unresponsive

Time

The time allowed for this station is 10 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill.

Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest:

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will randomly choose another skill for retest.

Reminders:

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistakes.
- All documented "NO's" must have a specific explanation written in the comments section.
 - Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

Cardiac Arrest Management
Maine EMS Practical Exam for First Responder and EMT-Basic
Station #1
Examiner Instructions

Introduction:

1. Introduce yourself to the candidate and write the candidate's name on the skill sheet.
2. Read the following to the candidate:

"This is the Cardiac Arrest Management station. At this station you will demonstrate scene management of a cardiac arrest situation, including the use of a semi-automatic defibrillator (AED). Following the scene management portion of the examination you will then perform a randomly selected CPR or Foreign Body Airway Obstruction skill."

"You may also review the equipment present prior beginning the exam, and may ask questions regarding the AED if you are unfamiliar with the model used in the examination process."

You will have 10 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

Part I – Cardiac Arrest Management/AED

1. When the candidate is ready, read the following scenario:

"You are called to the scene of a man down. The dispatcher indicates that CPR is in progress" *(Note: The examiner will simulate chest compressions and indicate that bystander CPR is in progress.)*

2. Evaluate the candidate's performance in accordance with the Assessment and Treatment sections of the skill sheet.

Part II – CPR/FBAO Skill – Random Selection

1. Ask the candidate to select an envelope and hand it to you. Inform the candidate of the skill chosen.
2. **Observe the candidate's performance carefully** - the criteria for performance is on the reverse of the skill sheet.
3. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the skill sheet.
2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.
3. Return the cards to the envelopes and prepare for the next candidate.

Cardiac Life Support
Maine EMS Practical Exam for EMT-Intermediate
Station #1
General Information

Objective

To demonstrate performance of Basic and Advanced Life Support skills including CPR and/or FBAO skills, and the evaluation and treatment of cardiac dysrhythmias using the Maine E.M.S. Statewide Protocol algorithms appropriate for Intermediate EMT's.

Equipment

- Defibrillation chest, with or without manikin
- Monitor/defibrillator with cables and recorder paper
- Rhythm generator
- Conductive gel
- Station 1: Intermediate score sheets & cover sheet

Personnel

1 Examiner meeting the training requirements for licensure at or above the Intermediate level, or other appropriately trained people. (See Exam Administration Manual)

Procedure:

Allow the candidates to familiarize themselves with the equipment. Candidates will not be penalized if they are not familiar with the monitor used at the station. However, they must know the correct steps of patient assessment and equipment use.

Each candidate will randomly choose either 1 CPR or 1 FBAO skill card and perform the chosen skill. If a candidate fails the skill they must retake that portion of the exam. The candidate, if retesting, will again randomly choose the skill to be performed.

The CPR sequence skills for this station are:

- ♦ Adult One-Rescuer CPR
- ♦ Infant One Rescuer CPR
- ♦ Child One Rescuer CPR

The Foreign Body Airway Obstruction (FBAO) skills are:

- ♦ Adult FBAO Responsive becomes Unresponsive
- ♦ Infant FBAO Responsive becomes Unresponsive
- ♦ Child FBAO Responsive becomes Unresponsive

Each candidate will also demonstrate, on a defib-chest or manikin, the evaluation and treatment of a cardiac patient using a monitor-defibrillator. Cardiac monitor skills to include: correct application of monitor leads (lead II), and the ability to recognize and treat the rhythms and dysrhythmias on the score sheet.

Time

The time allowed for this station is 10 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will choose at random a skill on which to be retested (Should a candidate fail either the BLS or the ALS portion of the station and pass the other portion of the station they need only retest on the portion failed.)

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on the skill sheets.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator

Cardiac Life Support
Maine EMS Practical Exam for EMT-Intermediate
Station #1
Examiner Instructions

Introduction

1. Introduce yourself to candidate.
2. Write the candidate's name exam skill sheet.
3. Read the following to the candidate:

"This is the Intermediate Cardiac Life Support Station. At this station you will randomly choose either one C.P.R. or one Foreign Body Airway Obstruction (F.B.A.O.) skill to demonstrate."

"You will also identify and treat dysrhythmias using a monitor-defibrillator. Please take a moment to familiarize yourself with this equipment. You can assume any additional equipment you would use is available to you, however you must verbalize its use in the appropriate sequence."

You will have 10 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

Part I – CPR/FBAO Skill – Random Selection

1. When the candidate is ready, ask the candidate to select an envelope and hand it to you. Inform the candidate of the skill chosen.
2. **Observe the candidate's performance carefully** - the criteria for performance is on the reverse of the skill sheet.
3. For each skill area, check the appropriate skill sheet box, yes or no. If you check "no" in any skill area, please provide a specific written explanation in the comment area.
4. Regardless of whether the candidate passes or fails the BLS skill, have the candidate perform the ECG/Defibrillation portion of the station.

Part II – ECG/Defibrillation

1. When the candidate is ready, read the following scenario:

"You are called to the scene of a patient with “cardiac problems”. You have a partner who is available to assist with basic-level care, but you must state what care that you want your partner to perform and when you want it performed.

2. Observe the candidate's performance carefully - the criteria for performance is on the front of the skill sheet.
3. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the skill sheet.
2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.
3. Return the cards to the envelopes and prepare for the next candidate.

Cardiac Life Support
Maine EMS Practical Exam for EMT-Paramedic
Station #1
General Information

Objective

To demonstrate correct performance of Advanced Cardiac Life Support "Mega Code" skills. This will include the evaluation and treatment of cardiac dysrhythmias using the Maine E.M.S. Statewide Protocol algorithms.

Equipment

- Defibrillation chest with or without manikin
- Monitor/defibrillator with cables and recorder paper
- Rhythm generator
- Conductive gel or "Quick Combo" type pads
- Algorithm selection cards
- Station 1 skill sheets

Personnel

1 Examiner meeting the training requirements for licensure at the Paramedic level, or other appropriately trained people. (See Exam Administration Manual)

Procedure

Allow the candidates the opportunity to familiarize themselves with the equipment. Candidates will not be penalized if they are not familiar with the monitor used at the station. However, they must know the correct steps of patient assessment and equipment use.

Each candidate will be tested on the V-Fib / Pulseless V-Tach algorithm.

Candidates will also randomly choose one other dysrhythmia then correctly interpret and treat the dysrhythmia in the proper sequence. Cardiac monitor skills will include the correct application of monitor leads (Lead II) and the ability to recognize the dysrhythmias chosen.

Time

The time allowed for this station is 15 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will choose at random a skill on which to be retested

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

**Cardiac Life Support
Maine EMS Practical Exam for EMT-Paramedic
Station #1
Examiner Instructions**

Introduction

1. Introduce yourself to candidate.
2. Write the candidate's name on the exam skill sheet.
3. Read the following to the candidate:

"This is the Cardiac Life Support Station. At this station you will identify & treat two cardiac dysrhythmias using the Maine E.M.S. cardiac algorithms. You will also demonstrate the proper use of a cardiac monitor-defibrillator. The first algorithm I will give you; you will choose the second at random. Please take a moment to familiarize yourself with this equipment. You can assume any additional equipment you would use is available to you, however you must verbalize its use in the appropriate sequence."

You will have 15 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

Part I – Ventricular Fibrillation/Pulseless V - Tach

1. When the candidate is ready, read the following scenario:

"You are called to the scene of a person "down". You have a partner who is available to assist with basic-level care, but you must state what care that you want your partner to perform and when you want it performed.

2. Observe the candidate's performance carefully - the criteria for performance is on the skill sheet.

3. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Part II – Randomly Chosen Dysrhythmia

1. Have the candidate randomly choose an envelope.
2. Open the envelope and, when the candidate is ready, read the selected scenario (the scenarios are on page 3 of these instructions). **Do not inform the candidate of the dysrhythmia selected.**
3. Observe the candidate's performance carefully - utilizing the criteria on the skill sheet.
4. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the skill sheet.
2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.
3. Return the cards to the envelopes and prepare for the next candidate.

Cardiac Life Support for EMT-Paramedic Scenario Guide for Dysrhythmias

V-Fib/Pulseless V-Tach – (skill sheet #1A)

Scenario – Man down CPR in progress.

Examiner: Choose either V-fib or V-tach and mark on skill sheet.

Cardiogenic Shock - (skill sheet #1B)

Scenario – Called to the home of a 55 yr. Old female. Upon arrival you find the lady lying on her bed. She is pale & diaphoretic, she has rapid, gasping respirations & can barely talk. She cannot get up & is very anxious.

Candidate information (to be given only when candidate mentions specific evaluation techniques): Pt. Has previous cardiac history, was short of breath for two days previous to calling for help, meds. Include Lasix & Digitalis, P = 120, R = 32, B/P = 60/-.

Examiner: Monitor shows Sinus Tach., Rate = 120.

Ventricular Tachycardia – Pulse present; unconscious & symptomatic – (skill sheet # 1C)

Scenario – Called to a supermarket for an unconscious 60 yr. Old female.

Candidate information (to be given only when candidate mentions specific evaluation techniques): P = rapid & weak, R = 32, skin = pale & diaphoretic, B/P is indiscernible.

Examiner: Monitor to show V-Tach, Rate = 150 +/-, Pt. Remains in V-tach.

Ventricular Tachycardia - Pulse present; Pt. alert and comfortable (skill sheet # 1D)

Scenario - Called to a university for a 50 yr. old female that states her heart "suddenly started to feel real funny." She is alert & appears comfortable, she denies chest pain or shortness of breath.

Candidate information (to be given only when candidate mentions specific evaluation technique): P = as on monitor, R = 18, B/P = 100/70.

Examiner: Monitor to show V-Tach, Rate = 110 +/-, V-Tach continues after initial Lidocaine administration.

Premature Ventricular Ectopy – (skill sheet #1E)

Scenario - Called to the home of a 40 yr. old male complaining of chest pain, shortness of breath & weakness. The patient is pale & very anxious. You are unable to obtain any medical history.

Candidate information (to be given only when candidate mentions specific evaluation technique): P = 100 BPM, R = 28, B/P 110/70.

Examiner: Monitor to show more than 6 PVC's per minute, possibly multi-form, not V-Tach. PVC's continue after initial Lidocaine administration.

Supraventricular Tachycardia - (skill sheet # 1F)

Scenario - Called to the workplace of a 45 yr. old male who complains of heart palpitations, shortness of breath & weakness. He denies chest pain. He is pale & very anxious.

Candidate information (to be given only when candidate mentions specific evaluation technique): P = too rapid to count, Monitor rate = 180 +/-, B/P = 86/40.

Examiner: Patient remains in SVT after initial cardioversion attempts.

Scenario Guide for Dysrhythmias (continued from previous page)

Pulseless Electrical Activity – (skill sheet #1G)

Scenario - Called for a male patient, approximately 21 yr. of age lying in the street. Police Department has initiated CPR.

Examiner: Monitor to show Sinus Tach or Idioventricular Rhythm.

Asystole – (skill sheet #1H)

Scenario - Called to a restaurant for an unconscious man, unknown etiology.

Examiner: This arrhythmia must be treated as Asystole & not V-Fib. Patient remains in asystole.

Bradydysrhythmias & Heart Blocks - (skill sheet # 1I)

Scenario - Called to the home of a 50 yr. old female. She complains of chest pain, shortness of breath & weakness. She is otherwise unable to describe her condition. She is pale & diaphoretic.

Candidate information - (to be given only when candidate mentions specific evaluation technique): Initial & reevaluated P = 48, R = 28, B/P = 86/40.

Examiner: Patient remains in Bradydysrhythmia throughout algorithm. Medical control grants option of repeating Atropine 0.5 mg. at appropriate intervals.

AIRWAY
Maine EMS Practical Exam for First Responder and EMT-Basic
Station #2
General Information

Objective:

Each candidate will demonstrate the establishment of an airway, maintenance of an airway, suctioning and oxygenation skills.

The candidate will be informed that the examiner is available to assist in the two-person bag-valve-mask technique.

Equipment

- v Station score sheets and cover sheet
- v Adult intubation manikin
- v Oral airway set (at least one airway must fit the manikin)
- v Nasal airway set (at least one airway must fit the manikin)
- v Water soluble lubricant
- v O₂ tank, wrench and washer
- v O₂ regulator and connecting tube
- v Bag valve mask
- v Nasal cannula
- v Non-rebreather mask
- v Battery-powered suction unit
- v Suction catheters; rigid and flexible

Personnel

One examiner meeting the training requirements for licensure at or above the EMT-Basic level, or other appropriately trained personnel. (See Exam Administration Manual.)

Procedure

1. Airways - Candidate will be requested to size and insert an oral and a nasal airway.
2. Suction - Candidate will be requested to size (i.e. correct depth of insertion) and use a suction catheter with the supplied suction machine, after ensuring that the machine is working correctly.
3. Oxygen - Candidate will assemble the regulator and tank; attach oxygen tubing; and then attach and demonstrate the BVM, nasal cannula and non-rebreather mask.

Time

The time allowed for this station is 10 minutes. Start timing the candidate after all instructions are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform .

Retest

A candidate who must re-test is required to complete only the section(s) failed.

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

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Airway
Maine EMS Practical Exam for First Responder and EMT-Basic
Station #2
Examiner Instructions

Introduction

1. Introduce yourself to the candidate.
2. Write the candidate's name on the exam skill sheet.
3. Read the following to the candidate:

"This is the airway station. I will ask you to perform a number of airway management skills using the correctly sized equipment. Please take a moment to familiarize yourself with this equipment.

You will have 10 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

Procedure

1. When the candidate is ready, read the first of the following skills, begin the exam and ask the candidate to perform each skill:
 - a. "Please measure and insert an oral airway."
 - b. "Please measure and insert a nasal airway."

- c. "Please measure a suction catheter and suction the mouth of the manikin."
 - d. "Please attach a regulator to the oxygen tank."

 - e. "Please demonstrate on the manikin the delivery of oxygen, verbalizing the appropriate oxygen setting or range using:
 - (i) Bag-Valve Mask
 - (ii) Nasal Cannula
 - (iii) Non-Rebreather Mask
- 2. Observe the candidate's performance carefully. Do not ask other airway questions.
 - 3. For each scoring area, check the appropriate box, "yes" or "no." If you check "no" in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

- 1. Sign the skill sheet.
- 2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.

Airway
Maine EMS Practical Exam for EMT-Intermediate
Station #2
General Information

Objective:

Each candidate will demonstrate airway establishment, maintenance, suctioning and oxygenation skills; preparation and administration of nebulized medication; and endotracheal intubation.

Candidates will be advised that they may familiarize themselves with the intubation manikin and equipment prior to the start of the exam. Candidates will also be advised that repeated intubation attempts are allowed, "within the accepted parameters of care" (patient hyperventilated every 30 seconds) and the station time limit of 15 minutes.

Equipment:

- v Gloves
- v Goggles
- v Station score sheets and cover sheet
- v Adult intubation manikin
- v Lubricant spray
- v Oral airway set (at least one airway must fit the manikin)
- v O₂ regulator
- v Connecting tubing
- v Bag valve mask with reservoir
- v Non-rebreather mask
- v Rigid, large bore suction catheter
- v E.T. tubes: size 7 mm to 8 mm
- v Laryngoscope handle with extra batteries
- v Assorted curved and straight laryngoscope blades, at least one of which fits the manikin, with extra bulbs
- v Water soluble lubricant
- v Stylet
- v Oxygen tank, wrench and washer
- v 10 cc syringe
- v Stethoscope
- v End Tidal CO₂ Detector or Esophageal Detector Device (E.D.D.)
- v Tape or other securing device
- v Albuterol, either pre-mix or 2.5 mg with normal saline for dilution
- v Updraft nebulizer

Personnel

One examiner meeting training requirements for licensure at or above the EMT-Intermediate level, or other appropriately trained personnel. (See Exam Administration Manual.)

Procedure

1. **Oxygen – Bag Valve Mask (BVM)** - Candidate will be requested to insert an oral airway and ventilate the patient with a BVM using 100% oxygen.
2. **Oxygen - Supplemental** - Candidate will be requested to demonstrate the correct use of a non-rebreather mask, indicating use of 12-15 LPM oxygen and occluding the reservoir valve.
3. **Endotracheal Intubation** - Candidate will be requested to demonstrate:
 - a. use of the laryngoscope;
 - b. placement of, and ventilation through the endotracheal tube;
 - c. primary placement confirmation techniques (auscultation);
 - d. secondary placement confirmation techniques (ETCO₂ or E.D.D.); and
 - e. securing of an endotracheal tube.
4. **Nebulized Medication** -- Candidate will be requested to correctly prepare and administer albuterol via an updraft nebulizer.

Time

The time allowed for this station is 15 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed.

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
 - Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.

- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

Airway
Maine EMS Practical Exam for EMT-Intermediate
Station #2
Examiner Instructions

Introduction

Introduce yourself to the candidate.

1. Write the candidate's name on the exam skill sheet.
2. Read the following to the candidate:

"This is the EMT - Intermediate airway station. I will ask you to perform a number of airway management skills. Please perform the skills as I ask, using the correctly sized equipment.

You will have 15 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

Please take a moment to familiarize yourself with the equipment at this station

Procedure

1. When the candidate is ready, read each of the following skills, allowing time for each skill to be performed before moving on to the next:
2. Please attach the O₂ tubing from the bag valve device O₂ regulator to the reservoir.
 - a. "Please insert an oral airway."
 - b. "Please set the O₂ regulator at the appropriate flow rate (or verbalize)."

- c. "Please demonstrate on the manikin the delivery of O₂ using a bag valve mask to ventilate the patient."
- d. "Please put a non-rebreather mask, with O₂ flowing, on the manikin." (If O₂ not available have candidate verbalize technique for assuring reservoir fills; that is, reservoir valve held shut)
- e. "Please demonstrate, on the manikin, the proper technique for inserting and ventilating a patient with an endotracheal tube. Repeated intubation attempts are allowed within the accepted parameters of care and within the station time limit of 15 minutes."

(Note: Ventilate the manikin while the candidate prepares the equipment.)

- f. "Please demonstrate the process of preparing a medication for nebulized administration, and then administer it to the manikin."
- 2. Observe the candidate's performance carefully. Do not ask other airway questions.
 - 3. For each scoring area, check the appropriate box, "yes" or "no." If you check "no" in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

- 1. Sign the skill sheet.
- 2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.

Airway
Maine EMS Practical Exam for EMT-Paramedic
Station #2
General Information

Objective

Candidates will demonstrate on a manikin each of the following:

1. airway establishment with an oral airway;
2. ventilation with a bag valve mask device;
3. application of a non-rebreather mask; and
4. endotracheal intubation.

Each candidate will also perform two of the following three skills:

1. needle cricothyrotomy
2. surgical cricothyrotomy
3. chest decompression.

Candidates will be advised that they may familiarize themselves with the manikins and equipment prior to the start of the exam. Candidates will also be advised that repeated intubation attempts are allowed, “within the accepted parameters of care” (patient hyperventilated every 30 seconds) and the station time limit of 15 minutes.

Equipment

- ✓ Station skill sheets
- ✓ General Information document for Paramedic Airway station
- ✓ Examiner Instructions document for paramedic Airway station
- ✓ Gloves
- ✓ Goggles

For BLS skills and endotracheal intubation:

- ✓ Adult intubation manikin
- ✓ Laryngoscope handle and extra batteries
- ✓ Assorted curved and straight laryngoscope blades, at least one of which fits the manikin, with extra bulbs
- ✓ Lubricant spray
- ✓ Oral airway set (at least one airway must fit the manikin)
- ✓ Stylet
- ✓ O₂ regulator and connecting tubing

- ✓ Oxygen tank, wrench, and washer
- ✓ Bag valve mask and reservoir
- ✓ Non rebreather mask
- ✓ E.T. tubes: sizes 7mm to 8mm
- ✓ 10 cc syringe
- ✓ Water soluble lubricant
- ✓ Stethoscope
- ✓ Rigid large bore suction catheter
- ✓ End Tidal CO₂ Detector or Esophageal Detector Device (E.D.D.)
- ✓ Tape or other securing device

For cricothyrotomies and chest decompression

- ✓ Random skills cards
- ✓ Adult cric/chest decompression manikin
- ✓ 14 gauge IV catheters
- ✓ Alcohol/povidone wipes
- ✓ Scalpels with #11 blade
- ✓ Retractor
- ✓ Tracheostomy tube/ET tube
- ✓ Tape or other securing device
- ✓ Stethoscope

Personnel

One examiner meeting the training requirements for licensure at or above the Paramedic level, or other appropriately trained personnel. (See Exam Administrators Manual.)

Procedure

Mandatory skills

1. **Oxygen – Bag Valve Mask (BVM)** - Candidate will be requested to insert an oral airway and ventilate the patient with a BVM using 100% oxygen.
2. **Oxygen - Supplemental** - Candidate will be requested to demonstrate the correct use of a non-rebreather mask, indicating use of 12-15 LPM oxygen and occluding the reservoir valve.

3. **Endotracheal Intubation** - Candidate will be requested to demonstrate:

- a. use of the laryngoscope;
- b. placement of, and ventilation through the endotracheal tube;
- c. primary placement confirmation techniques (auscultation);
- d. secondary placement confirmation techniques (ETCO₂ or E.D.D.); and
- e. securing of an endotracheal tube.

Random skills

a. **Needle cricothyrotomy** – Candidate will demonstrate on a cricothyrotomy manikin:

1. skin prep;
2. location of the cricothyroid membrane;
3. proper method of accessing the trachea with a 14 gauge over the needle IV catheter;
4. ventilation and auscultation of manikin and securing of catheter.

b. **Surgical Cricothyrotomy** – Candidate will demonstrate on a cricothyrotomy manikin:

1. skin prep;
2. location of the cricothyroid membrane;
3. procedure for incision of the cricothyroid membrane with a scalpel;
4. introduction of tracheal or ET tube into the tracheal lumen;
5. ventilation and auscultation of manikin; and
6. securing the tube.

c. **Needle thoracotomy (chest decompression)** – Candidate will demonstrate on a chest decompression manikin:

1. location of the 2nd or 3rd intercostal space mid-clavicular line;
2. skin prep;
3. proper method of decompressing the manikin's chest;
4. securing of the catheter; and
5. re-evaluation of the patient.

Time

The time allowed for this station is 15 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will choose at random a skill on which to be retested.

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

Airway
Maine EMS Practical Exam for EMT-Paramedic
Station #2
Examiner Instructions

Introduction

1. Introduce yourself to candidate.
2. Write the candidate's name on the exam skill sheet.
3. Read the following to the candidate:

“This is the paramedic airway station. At this station you will perform several BLS and ALS airway management skills. You will:

- a. size and place an oropharyngeal airway;
- b. set up and use a bag valve mask (BVM) device;
- c. set up and use a non-rebreather mask;
- d. perform an endotracheal intubation; and
- e. perform, by random selection, two of three of the following skills:
 1. needle cricothyrotomy.
 2. surgical cricothyrotomy.
 3. chest decompression.

You will have 15 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator.”

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate “Have you finished performing the skill”. Do not ask such questions as “Is there anything else you'd like to do” or “Are you sure you've completed all of the tasks?” Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

During the exam I will observe you, so it is unnecessary for you to explain to me what you are doing. Please take a moment to familiarize yourself with the equipment.”

Part I – Basic Airway Skills

1. When the candidate is ready, read each of the following skills, allowing time for each skill to be performed before moving on to the next:
 - a. “Please attach the O₂ tubing from the bag valve device O₂ regulator to the reservoir.”
 - b. “Please insert an oral airway.”
 - c. “Please set the O₂ regulator at the appropriate flow rate (or verbalize).”
 - d. “Please demonstrate on the manikin the delivery of O₂ using a bag valve mask to ventilate the patient.”
 - e. "Please put a non-rebreather mask, with O₂ flowing, on the manikin." (If O₂ not available have candidate verbalize technique for assuring reservoir fills; that is, reservoir valve held shut)
2. Observe the candidate's performance carefully - utilizing the criteria on the skill sheet.
3. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Part II – Endotracheal Intubation

1. Read the following to the candidate:
 - a. “Please demonstrate, on the manikin, the technique for inserting and ventilating a patient with an endotracheal tube. Repeated intubation attempts are allowed within the accepted parameters of care and within the station time limit of 15 minutes.”

(Note: Ventilate the manikin while the candidate prepares the equipment.)
2. Observe the candidate's performance carefully - utilizing the criteria on the skill sheet.
3. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Part III & IV – Randomly Chosen Skills

1. Have the candidate choose two envelopes containing the random skills and pass the envelopes to you. Inform the candidate of the two skills chosen and allow the candidate to choose the skill he or she wishes to perform first.
2. Read the following to the candidate
 - a. “Please demonstrate on the manikin, the proper technique for _____” (needle cricothyrotomy/surgical cricothyrotomy/chest decompression).
3. Repeat 2 – 5, above, for the (second) selected skill
4. Observe the candidate's performance carefully - utilizing the criteria on the skill sheet.
5. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the skill sheet.
2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.
3. Return the cards to the envelopes and prepare for the next candidate.

Bleeding Control and Bandaging
Maine EMS Practical Exam for All Levels
Station #3
General Information

Objective

Each student must demonstrate control of an actively bleeding wound, apply a pressure dressing, dress and bandage the wound, and treat the patient for impending shock.

Equipment

- ✓ Gloves
- ✓ Bandage shears
- ✓ 4 - Triangular bandages
- ✓ 6 - Rolls 3 or 4 in. stretch roller bandage
- ✓ 4 - Roles 2 in. stretch roller bandage
- ✓ 2 - Roles 1 in. tape
- ✓ Selection of dressings (4x4's, ABD.'s, etc.)
- ✓ Station 3 score sheets & cover sheet.
- ✓ Oxygen tank, regulator, and NRB mask
- ✓ Blanket

Personnel

1 Examiner meeting the training requirements for licensure at the First Responder level, or other appropriately trained people. (See Exam Administration Manual)

1 patient (Examiner may act as Patient).

Procedure

Patient is sitting/lying on ground and has a large open laceration on the top of their forearm. The wound is actively bleeding. Candidate will be requested to demonstrate:

1. Bleeding Control, to include:
 - a. Direct Pressure - Applies sufficient pressure directly over wound, uses dressing.
 - b. Elevates extremity - Elevates above level of heart.
 - c. Pressure Points - Locates Brachial Artery.

2. Application of a Pressure Dressing:

- a. Covers entire wound with dressing.
- b. Bandages wound securely.

Critical Errors include bandage applied too loosely or too tightly, and/or a dressing too small for the wound.

****Important note for Examiners:*** The 1994 National Standard Curriculum for EMT-Basic (NSC) provides the following education for the control of bleeding :

- **Bleeding Control**
 - Apply fingertip pressure directly to the point of bleeding
 - Elevation of a bleeding extremity may be used secondary to and in conjunction with direct pressure.
 - Large gaping wounds may require packing with sterile gauze and direct hand pressure if direct finger tip pressure fails to control bleeding.
 - If bleeding does not stop, remove dressing and assess for bleeding point to apply direct pressure. If diffuse bleeding is discovered, apply additional pressure.
 - Pressure points may be used in upper and lower extremities.

The NSC also states that if direct pressure fails, Splints, Pressure Splints and – as a last resort – tourniquets may be used to control bleeding.

Should you encounter an exam candidate who uses techniques based upon the NSC education listed above, do not penalize the candidate for using for using the techniques. If you have questions about how to integrate the above information into the station and/or need guidance, please talk with the Exam Administrator prior to the beginning of the test.

Time

The time allowed for this station is 10 minutes. Start timing the candidate after all instructions are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

Candidates who require a re-test must complete the entire station over again.

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

***(Updated 4/13/04 – Information included about bleeding control techniques according to 1994 national Standard Curriculum for EMT-B) – D. White, Maine EMS**

Bleeding and Bandaging
Maine EMS Practical Exam for All Levels
Station #3
Examiner Instructions

Introduction

1. Introduce yourself to candidate.
2. Write candidate's name on the exam skill sheet.
3. Read the following to the Candidate:

"The purpose of this station is to examine your ability to control active bleeding and to appropriately dress and bandage a wound. . Please take a moment to familiarize yourself with the equipment. You can assume any additional equipment you would use is available to you, however you must verbalize its use in the appropriate sequence."

You will have 10 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

Procedure

1. When the candidate is ready, read the following scenario:

Your patient is lying on the ground and has a large wound on their forearm that is bleeding profusely. Please demonstrate how you will control the bleeding, and dress and bandage the wound.

2. Observe the candidate's performance carefully - the criteria for performance is on the skill sheet.

3. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.
4. The candidate is expected to verbalize or perform Body Substance Isolation (BSI) precautions (candidate puts on gloves, or indicates procedure). The candidate will then demonstrate the basic principals of bleeding control, i.e: direct pressure, elevation and pressure point. A candidate may be advised no more than 3 times, "It continues to bleed."
5. If a candidate does not perform all 3 interventions after being advised three times that it continues to bleed, instruct the candidate to dress and bandage the wound.

****Important note for Examiners:** The 1994 National Standard Curriculum for EMT-Basic (NSC) provides the following education for the control of bleeding :

- **Bleeding Control**

- Apply fingertip pressure directly to the point of bleeding
- Elevation of a bleeding extremity may be used secondary to and in conjunction with direct pressure.
- Large gaping wounds may require packing with sterile gauze and direct hand pressure if direct finger tip pressure fails to control bleeding.
- If bleeding does not stop, remove dressing and assess for bleeding point to apply direct pressure. If diffuse bleeding is discovered, apply additional pressure.
- Pressure points may be used in upper and lower extremities.

The NSC also states that if direct pressure fails, Splints, Pressure Splints and – as a last resort – tourniquets may be used to control bleeding.

Should you encounter an exam candidate who uses techniques based upon the NSC education listed above, do not penalize the candidate for using for using the techniques. If you have questions about how to integrate the above information into the station and/or need guidance, please talk with the Exam Administrator prior to the beginning of the test.

6. You will then inform the candidate to properly treat the patient for impending shock
7. Observe the candidate's performance carefully - utilizing the criteria on the skill sheet.
8. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the skill sheet.
2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.

****(Updated 4/13/04 – Information included about bleeding control techniques according to 1994 national Standard Curriculum for EMT-B) – D. White, Maine EMS**

Splinting
Maine EMS Practical Exam for All Levels
Station #4
General Information

Objective

To ensure that each student can properly treat and immobilize fractures and dislocations. (*Note: First Responder candidates do not perform the “knee fracture/dislocation – Bent” or the “elbow fracture/dislocation – Bent” skills*).

Equipment

- ✓ 2 pillows
- ✓ Hare type traction splint
- ✓ 4 - Triangular bandages
- ✓ 6 - 3 or 4 in. stretch roller bandage
- ✓ 4 - Short padded boards
- ✓ 4 - Long padded boards
- ✓ 4 - Ladder splints
- ✓ 4 - Towels
- ✓ 4 - Washcloths
- ✓ 2 - Blankets
- ✓ 2 - Roles 1 in. tape
- ✓ Assorted air splints
- ✓ Cardboard splints or commercial splint package
- ✓ Padding: 4x4's, Abdominal Pads, etc.
- ✓ Station 4 score sheets & cover sheet.

Personnel

1 Examiner meeting the training requirements for licensure at the EMT-Basic level, or other appropriately trained people. (See Exam Administration Manual)

1 patient.

Procedure

Two students will come to the station. Each will randomly select a fracture or dislocation and demonstrate proper management. The student is not to know the type of injury picked until immediately before management begins. While one student is managing the injury selected, the second student is to be a silent helper who is trained and can follow directions. Each student is evaluated separately on their management capabilities.

Time

The time allowed for this station is 20 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will choose at random a skill on which to be retested

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam

There are many ways to complete splinting skills, please keep in mind that general principles are being tested.

Splinting
Maine EMS Practical Exam for All Levels
Station #4
Examiner Instructions

Introduction

1. Introduce yourself to candidates.
2. Write the candidates' names on the exam skill sheets.

Procedure

1. Read the following to the candidates:

"This is the splinting station. At this station each of you will randomly select a fracture or dislocation and demonstrate its proper management. While one of you is managing the injury, the other may act as a silent, trained helper; then you will reverse roles. Each of you will be scored independently. You are expected to manage the injury in accordance with the principals of splinting. I will observe you so it is unnecessary for you to explain to me what you are doing."

You will have 20 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

2. Have each candidate select an envelope. Open only one envelope at a time and complete the management of the injury and scoring of the first candidate before opening the second envelope.
3. Observe each candidate's performance carefully - utilizing the criteria on the skill sheet.

4. For each skill area, check the appropriate skill sheet box, yes or no. If you check “no” in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the skill sheet.
2. Give the skill sheet to the candidate, and send the candidate back to the rotation board.
3. Return the cards to the envelopes and prepare for the next candidate.

Fluid and Medication Administration
Maine EMS Practical Exam for EMT-Intermediates
Station # 3/4
General Information

Objective:

Candidates will demonstrate venipuncture and the administration of a crystalloid I.V. fluid. Candidates will also demonstrate selection of appropriate needle and syringe, the preparation of medication from a vial or pre filled syringe and the administration techniques for the following skills: subcutaneous injection, and I.V. push medication administration.

Equipment:

Quantities to be appropriate to number of candidates.

- | | |
|--|--|
| ✓ Manikin I.V. arm | ✓ Micropore type tape |
| ✓ Disposable gloves | ✓ 1-inch Band-Aids |
| ✓ I.V. fluid (bags) | ✓ Tourniquet |
| ✓ I.V. tubing set | ✓ 50 cc pre filled syringe for D 50 W |
| ✓ Over the needle I.V. cannulas
(preferably 20 or 22 gauge) | ✓ 10 – 30 cc multi-dose vials of N.S. or
H2O |
| ✓ Needle disposal box
(commercial type) | ✓ Tuberculin syringes |
| ✓ Alcohol prep pads | ✓ 21 gauge – 1 inch an ½ inch needles |
| ✓ Povidone/Iodine type prep pads | ✓ 25 gauge – 5/8 inch needles |
| ✓ Waste basket & paper towels | ✓ Station 3 – 4: Fluid/Meds
Administration Intermediate score
cards & cover sheet. |
| ✓ Injection Manikin, citrus fruit, etc. | |

Personnel:

An Examiner who meets training requirements for licensure at or above the Intermediate level and who is trained in medication administration.

Procedure:

1. A - E

Candidate will demonstrate or describe the inspection and set up of an I.V. fluid & administration set.

1. F - G

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Candidate will demonstrate the preparation of a cannulation site using alcohol and/or povidone iodine prep pads.

1. H - S

Candidate will demonstrate the cannulation of a vein, proper disposal of an I.V. needle, connection of an administration set and I.V. cannula, an adequate securing technique using tape or a commercial I.V. adhesive product, and maintenance of sterile technique.

2. A

Candidate will verbalize contact with medical control for permission to administer medication. Candidate will identify medication to be administered, route of administration and dosage.

2. B

Candidate will check vial for medication name, expiration date and evidence of contaminants.

2. C – H

Candidate will demonstrate choosing the correct needle and syringe for administering a subcutaneous injection and will “draw up” 0.3 cc’s of N.S. in the syringe from a multi-dose vial of N.S. using sterile technique.

3. A – K

Candidate will demonstrate the proper technique for administering subcutaneous, and I.V. push medications.

4. A – P

Candidate will demonstrate the proper procedure and technique for administering intravenous medication from a pre filled syringe.

Time

The time allowed for this station is 20 minutes. Start timing the candidate after all instructions are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will choose at random a skill on which to be retested

Reminders:

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the individual mistake.
- All documented 'NO's' must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator

Fluid and Medication Administration
Maine EMS Practical Exam for EMT-Intermediates
Station # 3/4
Examiner Instructions

1. Introduce yourself to candidate.
2. Write the candidate's name and number on exam score sheet
3. Read the following to candidate:

“This is the Intermediate I.V./Meds station. I will ask you to demonstrate the procedures for:

- ✓ Setting up a bag of I.V. fluid and an administration set
- ✓ Cannulation of a vein
- ✓ Connecting of the fluid/administration set to the cannula
- ✓ Securing of the cannula to the patient

I will also have you demonstrate medication administration skills for subcutaneous and intravenous administration of medications. You will need to:

- ✓ Choose the correct type of needle and syringe.
- ✓ Correct medication and dosage for the medication administration.
- ✓ Demonstrate the proper technique for drawing up the correct amount of medication in the syringe chosen.
- ✓ Actual administration technique.

You will have 20 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator.”

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate “Have you finished performing the skill”. Do not ask such questions as “Is there anything else you'd like to do” or “Are you sure you've completed all of the tasks?” Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

I will observe you, so it is unnecessary for you to explain to me what you are doing. You may take a minute to familiarize yourself with the equipment. When you are ready please go ahead and demonstrate the skills I have described.”

- ✓ Setup and perform an intravenous cannulation.
 - ✓ Prepare for the subcutaneous administration of 0.3 of medication.
 - ✓ Demonstrate the procedure for subcutaneous administration.
 - ✓ Demonstrate the procedure for administration of D 50 W via a pre filled syringe.
4. Observe the candidates performance carefully. Do not ask other fluid/medication questions.
 5. For each scoring area mark through the appropriate box, **Yes** or **No**. If you check any **“No”** you must explain why in the comment area.
 6. Sign the score sheet.
 7. Give the candidate the score sheet and have them return to the rotation board.

Fluid and Medication Administration
Maine EMS Practical Exam for EMT-Paramedic
Station # 3/4
General Information

Objective:

Candidates will demonstrate venipuncture and the administration of a crystalloid intravenous (I.V.) fluid.

Candidates will also demonstrate selection of appropriate needle and syringe, the preparation of medication from a vial or ampule and the administration technique for one of the following skills randomly selected by the candidate: subcutaneous injection, intramuscular injection or I.V. push medication administration.

Equipment:

Quantities to be appropriate to number of candidates

- | | |
|--|--|
| ✓ Manikin I.V. arm | ✓ 1-inch Band-Aids |
| ✓ Disposable gloves | ✓ Tourniquet |
| ✓ I.V. fluid (bags) | ✓ 5 cc syringe |
| ✓ I.V. tubing set | ✓ 3 cc syringe |
| ✓ Over the needle I.V. cannulas
(preferably 20 or 22 gauge) | ✓ 10 – 30 cc multi-dose vials of N.S. or
H ₂ O |
| ✓ Needle disposal box
(commercial type) | ✓ Tuberculin syringes |
| ✓ Alcohol prep pads | ✓ 21 gauge – 1 inch an ½ inch needles |
| ✓ Waste basket & paper towels | ✓ 25 gauge – 5/8 inch needles |
| ✓ Injection Manikin, citrus fruit, etc. | ✓ Station 3-4: Fluid/Meds Admin. |
| ✓ Micropore type tape | C.C./Paramedic score cards & cover
sheet. |

Personnel:

An Examiner who meets training requirements for licensure at or above the Paramedic level and who is trained in medication administration.

Procedure:

1.A.-E. Candidate will demonstrate or describe the inspection and set up of an I.V. fluid & administration set.

1.F.-G. Candidate will demonstrate the preparation of a cannulation site using alcohol prep pads.

1.H.-S. Candidate will demonstrate the cannulation of a vein, proper disposal of an I.V. needle, connection of an administration set and I.V. cannula, an adequate securing technique using tape or a commercial I.V. adhesive product, and maintenance of sterile technique.

2.A. Candidate will demonstrate choosing the correct needle and syringe for administering a subcutaneous injection and will "draw up" 0.3 cc's of N.S. in the syringe from a multi-dose vial of N.S. using sterile technique.

2, 3 & 4. Candidate will demonstrate the proper technique for administering subcutaneous, intramuscular and I.V. push medications.

Time

The time allowed for this station is 10 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate requiring a re-test need only repeat the section(s) failed. If the skill failed is a randomly chosen skill, then the candidate will choose at random a skill on which to be retested

Reminders:

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the individual mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator

Fluid and Medication Administration
Maine EMS Practical Exam for EMT-Paramedic
Station # 3/4
Examiner Instructions

1. Introduce yourself to candidate.
2. Write the candidate's name on the exam skill sheet.
3. Have the candidate randomly choose an envelope.
4. Read the following to the candidate:

"This is the Paramedic I.V./Meds station. I will ask you to demonstrate the procedures for: setting up a bag of I.V. fluid and an administration set, the cannulation of a vein, the connecting of the fluid/ admin. set to the cannula, and the securing of the cannula to the patient.

I will also have you demonstrate the medication administration skill you have randomly chosen. You will need to choose the correct type of needle & syringe for the administration technique chosen. You will also need to demonstrate the proper technique for drawing up the correct amount of medication in the syringe chosen and the actual administration technique.

You will have 10 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

I will observe you, so it is unnecessary for you to explain to me what you are doing. You may take a minute to familiarize yourself with the equipment. When you are ready please go ahead and demonstrate the skills I have described"

5. Observe the candidates performance carefully. Do not ask other fluid/medication administration questions.
6. For each scoring area, mark through the appropriate box, yes or no. If you check any no you must explain why in the comment area.
7. Sign the score sheet.
8. Give the candidate the score sheet and have them return to the rotation board.

Spinal Immobilization
Maine EMS Practical Exam for First Responder
Station #5
General Information

Objective

Demonstrate skills and knowledge pertaining to spinal immobilization. Students will be tested on application of a cervical collar on a sitting patient; helmet removal; log roll; and application of a final spinal immobilization device for a supine patient.

Equipment

- ✓ 1 – Standard wooden long board
- ✓ 3 – Motorcycle helmet (sized to fit programmed patient)
- ✓ 4 – Immobilization straps and buckles (9 foot each; “spider” or “quick clip straps” may be stocked in addition to the 4 straps).
- ✓ 3 – Hard cervical collars (S – M – L)
- ✓ 6 – Towels (regular size)
- ✓ 2 – Cotton bath blankets
- ✓ 1 – Heavy weight blanket
- ✓ 3 – Rolls 1 inch tape
- ✓ 6 – Rolls 3 or 4 inch stretch roller bandage
- ✓ 1 – Bandage shears
- ✓ Station 5 score sheets & cover sheet

Personnel

1 Examiner meeting the training requirements for licensure at the First Responder level, or other appropriately trained people. (See Exam Administration Manual)

1 programmed patient.

Procedure

Patient will be sitting in a chair affording access for this procedure. Candidates will stabilize and immobilize the patient’s spinal column in an in-line neutral position, preventing anterior / posterior and lateral movement. Candidates will correctly size and securely apply a cervical collar while maintaining in-line neutral position. The cervical collar will then be removed and the candidates will switch positions to provide for evaluation of each candidate by the examiner.

Following the above procedure, the programmed patient is placed in a supine position on a blanket and wearing a motorcycle helmet. The candidates will be asked to remove the helmet, apply a cervical collar and move the patient onto a long spinal immobilization device, while maintaining continuous spinal stabilization and immobilization. Each candidate will secure one portion of the patient's torso to the device.

Each candidate is scored independently from the other.

Time

The time allowed for this station is 20 minutes. Start timing the candidates after all instructions and scenarios are explained and the candidates have indicated that they are ready to begin. Stop timing the station when the candidates indicate they have finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate who must retest is required to complete only the section(s) failed.

Reminders

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the (self-corrected) mistake.
- A mistake made and corrected within the team penalizes neither member.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator.

Spinal Immobilization
Maine EMS Practical Exam for First Responder
Station #5
Examiner Instructions

Introduction

1. Introduce yourself to the candidates.
2. Write the candidate's name on the exam skill sheet.

Procedure:

1. Read the following to the candidates:

"This is the spinal immobilization station. Working as partners you will be expected to immobilize a patient in a seated position; demonstrate helmet removal and a log roll onto a long spine board. Each of you will be scored independently and I will be asking you to switch roles during the procedure. I will be observing you so it is unnecessary to explain to me what you are doing."

You will have 20 minutes to complete this station. When both of you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

2. Observe the candidate's performance carefully. Do not ask other airway questions.
3. For each scoring area, check the appropriate box, "yes" or "no." If you check "no" in any skill area, please provide a specific written explanation in the comment area.

Completing the Exam Process

1. Sign the candidates' skill sheets.
2. Give the skill sheets to the candidates, and send them back to the rotation board.

Spinal Immobilization
Maine EMS Practical Exam for EMT-Intermediate & Paramedic
Station #5
General Information

Objective:

Demonstrate skills and knowledge pertaining to spinal immobilization. Students will be tested on application of an interim spinal immobilization device on a sitting patient or helmet removal and application of a final spinal immobilization device for a supine patient.

Equipment:

- 1 Standard wooden short board
- 1 Standard long spinal immobilization device
- 1 Conforming type short board (K.E.D., etc.)
- 1 Motorcycle helmet (sized to fit programmed patient)
- 4 Immobilization straps and buckles (9 foot each; “spider” or “quick clip straps” may be stocked in addition to the 4 straps).
- 3 Hard cervical collars (S - M - L)
- 6 Towels (regular size)
- 4 Washcloths
- 2 Cotton bath blankets
- 1 Heavy weight blanket
- 3 Rolls 1 in. tape
- 6 Rolls 3 or 4 in. stretch roller bandage
- 1 Bandage shears
- Station 5 score sheets & cover sheet.

Personnel:

Examiner knowledgeable/proficient in Maine EMS standards for spinal immobilization

Programmed patient familiar with station process

Procedure:

For Seated Spinal:

Patient will be sitting in a chair affording access for this procedure. The candidate being evaluated will stabilize and immobilize the patient's spinal column in an in-line neutral position, preventing anterior/posterior and lateral movement. The candidate being evaluated will then “transfer” manual immobilization to his or her “assistant” (i.e., the other candidate who is not being evaluated), ensuring that manual immobilization is maintained during the transfer. The

candidate being evaluated will securely apply a short spinal device, maintaining said in-line neutral position.

For Supine Spinal:

The patient will be lying supine on a blanket and will be wearing a motorcycle helmet. The candidate being evaluated will stabilize and immobilize the patient's spinal column in an in-line neutral position, preventing anterior/posterior and lateral movement. The candidate being evaluated will then "transfer" manual immobilization to his or her "assistant" (i.e., the other candidate who is not being evaluated), ensuring that manual immobilization is maintained during the transfer. The candidate being evaluated will be asked to remove the helmet (with the help of his or her "assistant") and immobilize the patient onto a long spinal immobilization device, while ensuring continuous spinal stabilization and immobilization. The candidate will secure the patient's torso to the device.

Time

The time allowed for this station is 20 minutes. Start timing the candidates after all instructions and scenarios (if applicable) are explained and the candidates have indicated that they are ready to begin. Stop timing the station when the candidates indicate they have finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

The candidate will choose at random a skill on which to be retested

Reminders:

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the individual mistake.
- A mistake made and corrected within the team penalizes neither member.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator
- Candidates may use their own equipment.
- Judge "finished product" and patient compromise only.

Spinal Immobilization
Maine EMS Practical Exam for EMT-Intermediate & Paramedic
Station #5
Examiner Instructions

1. Introduce yourself to the candidates.
2. Write the candidate's name and number on exam score sheet.
3. Ask each student to select an envelope containing a random skill. (Note: the random selection process must provide for the possibility of each student performing either the seated or supine skill. In other words, just because one student selected “seated” doesn’t mean the other student automatically is assigned “supine”)
4. *(Read the following to each student before they begin their selected skill)*
5. “ *(Name of student), you will provide spinal management for (either) a:*
 1. *seated patient requiring interim spinal immobilization*
 2. *supine patient to include helmet removal and final immobilization on a long spinal device (longboard).*

Your partner may assist you, but you must first manually immobilize your patient and then transfer manual immobilization to your partner. During the transfer and throughout the evaluation, you must ensure that manual immobilization is maintained as necessary. You are being graded on this station, not your partner, so you will need to perform the skills while your partner provides manual immobilization. I will be observing you so it is unnecessary to explain to me what you are doing.”

“You will have 10 minutes to complete your selected skill. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will complete your skill sheet and return it to you. You’ll then return it to the rotation board coordinator.”

(Note for Examiners: If the candidates do not tell you that they are finished performing a skill, after a reasonable time ask each candidate “Have you finished performing the skill”. Do not ask such questions as “Is there anything else you’d like to do” or “Are you sure you’ve completed all of the tasks?” Once the candidates indicate that they have completed the skill, move onto the next skill or, if the candidates have had the opportunity to perform all of the required skills, inform the candidates that the skill station has concluded, grade the candidates using the skill sheet, return the skill sheet to the candidates, and ask them to return the skill sheet immediately to the Rotation Board Coordinator.)

6. Observe the candidate's performance carefully.

7. For each scoring area, mark through the appropriate box, yes or no. If you check any no, a specific explanation must be written in the comment area.
8. Sign the score sheet.
9. Give the score sheet to the candidate, and send the candidate back to the rotation board.

Patient Assessment
Maine EMS Practical Exam for First Responder
Station #6
General Information

Objective:

Demonstrate patient assessment and intervention skills.

Equipment:

- Pen & paper (for jotting notes)
- 2 – Heavy weight blankets (non-irritating)
- Non re-breather O₂ mask
- Station score sheets & cover sheets
- Stethoscope and blood pressure cuff

Personnel:

Examiner knowledgeable/proficient in Maine EMS standards for patient assessment

Programmed patient familiar with station scenario

Procedure:

Patient will be dressed in attire allowing examination without further disrobing. The patient will be placed on a blanket and will be loosely covered with a blanket.

Scenarios

The examiner are supplied with 2 trauma scenarios. The examiner will randomly select a scenario and read it to the candidate.

Examiners will refer to the “Notes for Examiners section of the scenario for further patient information to be provided the candidate by the examiner (or programmed patient, if appropriate) only after the candidate has performed that part of the assessment that would elicit such information. Examiners will make note on the candidate’s skill sheet as to the scenario used.

The examiner must ensure that the programmed patient is aware of the scenario used before beginning the evaluation of a candidate and of the appropriate responses by the programmed patient when questioned or examined by the candidate.

Time

The time allowed for this station is 20 minutes. Start timing the candidate after all instructions and scenarios (if applicable) are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate failing the patient assessment station must retest the entire station. The examiner retesting the candidate must ensure that a different scenario is used for the retest.

Reminders :

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the individual mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator

Patient Assessment
Maine EMS Practical Exam for First Responder
Station #6
Examiner Instructions

1. Introduce yourself to candidate.
2. Write the candidate's name and number on exam score sheet.
3. Read the following to the candidate:

"This is the patient assessment station. You are expected to assess and treat a patient with either a traumatic injury or a medical problem. Selection of the particular scenario for this station is done by random selection. All the equipment you need to manage the patient is available."

You will have 20 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

4. Inform the candidate of the method of the random selection if appropriate, then read them the scenario that has been randomly selected, and use the appropriate skill sheet for evaluation.
5. If, at this point, the candidate finishes the vital signs or completes something they missed in the detailed physical exam they will still receive credit for it.
6. Observe the candidate's performance carefully.
7. For each scoring area, mark through the appropriate box, yes or no. If you check any no, a specific explanation must be written in the comment area.
8. Sign the score sheet, give the score sheet to the candidate, and send the candidate back to the rotation board.

Patient Assessment Scenarios For First Responder Assessment Station

Scenario 1:

Read the following to the candidate:

“You are called to the scene of a motor vehicle accident where you find a victim who was thrown from the vehicle. There is severe damage to the front end of the vehicle. The 30 year old victim is found lying in a field approximately 30 feet from the car.”

Notes for Examiner and Programmed Patient:

The patient:

- Responds to verbal stimuli;
- Complains of difficulty breathing
- Complains of abdominal pain.

The programmed patient may attempt to answer SAMPLE questions based upon:

- No allergies;
- No meds and;
- No past medical history.

The programmed patient is able to answer questions regarding SAMPLE history, but is disoriented.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is pale
- Patient is experiencing respiratory distress
- Capillary refill is delayed
- Carotid pulse is 140, when counted, or "rapid" when quickly checked
- Radial pulses are bilaterally absent
- B/P is 72/60
- Respiratory rate is 28
- Breath sounds are decreased on the left side
- No external bleeding is noted
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Scenario 2:

Read the following to the candidate:

“You arrive on the scene in the ambulance and find an 18 year old patient lying on the ground in the supine position. Bystanders indicate that they saw the patient fall out of a second story window.”

Notes for Examiner:

The patient:

- Responds to verbal stimuli;
- Complains of severe chest discomfort;

The programmed patient is disoriented and SAMPLE information is jumbled.

The programmed patient may attempt to answer SAMPLE questions based upon:

- No allergies;
- No meds and;
- No past medical history.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is cyanotic and moist
- Patient is experiencing respiratory distress with unequal chest rise
- Decreased breath sounds on the left side
- Capillary refill is delayed
- Carotid pulse is 138 when counted or rapid when quickly checked
- Radial pulse is absent
- B/P is 69/54
- Respiratory rate is 28
- No external bleeding is noted
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Patient Assessment
Maine EMS Practical Exam for EMT-Basic, Intermediate & Paramedic
Station #6
General Information

Objective: Demonstrate patient assessment and intervention skills.

Equipment: Pen
Hard cervical collars (S - M - L)
Paper and pen or pencil for use by candidate to jot notes
2 Heavy weight blankets (non-irritating)
Stethoscope
B/P cuff
Penlight
Non re-breather O₂ mask and nasal cannula
Station 6 score sheets & cover sheets.

Personnel:

Examiner knowledge able/proficient in Maine EMS standards for patient assessment

Programmed patient familiar with station scenarios

Procedure:

Patient will be dressed in a bathing suit or other attire allowing examination without further disrobing. The patient will be positioned according to the scenario used.

Scenarios

Examiners are supplied with a selection of trauma and medical scenarios. The examiner will randomly select a scenario and read it to the candidate. The Examiner will not inform the candidate as to whether the scenario is “medical” or “trauma”

Examiners will refer to the “Notes for Examiners section of the scenario for further patient information to be provided the candidate by the examiner (or programmed patient, if appropriate) only after the candidate has performed that part of the assessment that would elicit such information. Examiners will make note on the candidate’s skill sheet as to the scenario used.

The examiner must ensure that the programmed patient is aware of the scenario used before beginning the evaluation of a candidate and of the appropriate responses by the programmed patient when questioned or examined by the candidate.

Time

The time allowed for this station is 20 minutes. Start timing the candidate after all instructions and the scenario are explained and the candidate has indicated that he or she is ready to begin. Stop timing the station when the candidate indicates he or she has finished the skill. Do not count the time between each skill when you are explaining the next skill to perform or when explaining a new scenario.

Retest

A candidate failing the patient assessment station must retest the entire station. The examiner retesting the candidate must ensure that a different scenario is used for the retest

Reminders:

- Don't teach or lead candidates.
- Do not ask additional knowledge questions.
- Candidates are generally nervous. Please attempt to create a relaxed atmosphere.
- Adhere to the Maine EMS pass/fail criteria on skill selection cards.
- Candidates who make and correct mistakes on their own should not be penalized for the individual mistake.
- All documented "NO's" must have a specific explanation written in the comments section.
- Do not discuss the skill station or outcome of the skill examination. Refer all questions regarding candidate performance or outcome of the skill examination to the Exam Administrator

Patient Assessment
Maine EMS Practical Exam for EMT-Basic, Intermediate & Paramedic
Station #6
Examiner Instructions

1. Introduce yourself to candidate.
2. Write the candidate's name and number on exam score sheet.
3. Read the following to the candidate:

"This is the patient assessment station. You are expected to assess and treat a patient with either a traumatic injury or a medical problem. Selection of the particular scenario for this station is done by random selection. All the equipment you need to manage the patient is available. You have crew members with you that you may direct to provide care, however you must perform all parts of the assessment."

You will have 20 minutes to complete this station. When you are ready to begin, please tell me and I will indicate that the exam has started and I will begin timing you. When you complete each skill, tell me that you are finished. I will notify you when you have no other skills to perform at this station. At that time, I will grade your skill sheet and return it to you. You'll then return it to the Rotation Board Coordinator."

(Note for Examiners: If the candidate does not tell you that he or she is finished performing a skill, after a reasonable time ask the candidate "Have you finished performing the skill". Do not ask such questions as "Is there anything else you'd like to do" or "Are you sure you've completed all of the tasks?" Once the candidate indicates that he or she has completed the skill, move onto the next skill or, if the candidate has had the opportunity to perform all of the required skills, inform the candidate that the skill station has concluded, grade the candidate using the skill sheet, return the skill sheet to the candidate, and ask him or her to return the skill sheet immediately to the Rotation Board Coordinator.)

4. Inform the candidate of the method of the random selection if appropriate, then read them the scenario that has been randomly selected, and use the appropriate score sheet for evaluation.
5. Skills required in the initial assessment phase must be done prior to the candidate beginning the detailed physical exam in order for credit to be given for performing the specific skill.

If the candidate finishes the vital signs or completes something they missed in the detailed physical exam prior to indicating that he or she has finished the station, the candidate will still receive credit for it so long as the patient has not been compromised. An example of a compromised patient would be when the candidate performs the detailed

physical exam in a trauma scenario and fails to ensure manual cervical immobilization prior to the collar being applied. If however, the candidate completes the detailed physical exam before application of the cervical collar and has ensured manual immobilization prior to the application of the collar, credit will be given for performing the skill.

6. Observe the candidate's performance carefully.
7. For each scoring area, mark through the appropriate box, yes or no. If you check any no, a specific explanation must be written in the comment area.
8. Sign the score sheet, give the score sheet to the candidate, and send the candidate back to the rotation board.

Patient Assessment Scenarios For Trauma and Medical Assessment Stations

Trauma Scenario 1:

Read the following to the candidate:

“You are called to the scene of a motor vehicle accident where you find a victim who was thrown from the vehicle. There is severe damage to the front end of the vehicle. The 30 year old victim is found lying in a field approximately 30 feet from the car.”

Notes for Examiner and Programmed Patient:

The patient:

- Responds to verbal stimuli;
- Complains of difficulty breathing
- Complains of abdominal pain.

The programmed patient may attempt to answer SAMPLE questions based upon:

- No allergies;
- No meds and;
- No past medical history.

The programmed patient is able to answer questions regarding SAMPLE history, but is disoriented.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is pale
- Patient is experiencing respiratory distress
- Capillary refill is delayed
- Carotid pulse is 140, when counted, or "rapid" when quickly checked
- Radial pulses are bilaterally absent
- B/P is 72/60
- Respiratory rate is 28
- Breath sounds are decreased on the left side
- No external bleeding is noted
- Cardiac Rhythm – Sinus tachycardia
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Trauma Scenario 2:

Read the following to the candidate:

“You arrive on the scene in the ambulance and find an 18 year old patient lying on the ground in the supine position. Bystanders indicate that they saw the patient fall out of a second story window.”

Notes for Examiner:

The patient:

- Responds to verbal stimuli;
- Complains of severe chest discomfort;

The programmed patient is disoriented and SAMPLE information is jumbled.

The programmed patient may attempt to answer SAMPLE questions based upon:

- No allergies;
- No meds and;
- No past medical history.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is cyanotic and moist
- Patient is experiencing respiratory distress with unequal chest rise
- Decreased breath sounds on the left side
- Capillary refill is delayed
- Carotid pulse is 138 when counted or rapid when quickly checked
- Radial pulse is absent
- B/P is 69/54
- Respiratory rate is 28
- No external bleeding is noted
- Cardiac Rhythm – Sinus tachycardia
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Trauma Scenario 3:

Read the following to the candidate:

“You pull up to a sidewalk in the ambulance and find a 50 year old patient lying on the ground.”

Notes for Examiner:

The patient:

- Responds to verbal stimuli;
- Complains of pain in forehead and neck.

The programmed patient may attempt to answer SAMPLE questions based upon:

- No allergies;
- No meds and;
- No past medical history
- Last oral intake 2 beers- 1 hour ago;
- History of Present illness – slipped and fell
- Onset- patient explains he was walking on the ice and slipped;
- Patient denies Loss of consciousness;
- Provocation- hurts to move neck;
- Quality of pain sharp;
- Radiation of pain- left leg up to the knee;
- Severity of the pain- 6/10;
- Time since onset- 20 minutes.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is warm and dry
- The patient has no respiratory distress
- Capillary refill is delayed in injured extremity
- The radial pulse is 90 when counted or normal when quickly checked
- That the B/P is 128/84
- Respiratory rate is 20
- Pupillary Response - PEARL
- No external bleeding is noted
- Cardiac Rhythm – Sinus tachycardia
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Trauma Scenario 4:

Read the following to the candidate:

“Your ambulance crew is called to respond to a 45 year old person who has fallen off of a garage roof that appears to be about 10 feet tall. The patient’s companion is with the patient. For the purposes of this scenario, I will act as the patient’s companion.”

Notes for Examiner:

The patient:

- Responds to painful stimulus;
- Is unable to verbalize a chief complaint

The companion may answer SAMPLE questions based upon:

- No allergies;
- Takes medications for vertigo;
- Past medical history of motor vehicle accident one week ago;
- Last oral intake 1 hour ago – sandwich and a glass of milk;
- Events leading to current injury-patient was working on the roof and became dizzy and fell to the ground;
- Onset- unknown;
- Provocation-unknown;
- Quality-unknown;
- Radiation of pain- unknown;
- Severity of the pain- Unknown;
- Time since onset- 20 minutes.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill which would have provided this information:

- Skin is cool and moist
- The patient has no respiratory distress
- Capillary refill normal
- The radial pulse is 110 when counted or rapid when quickly checked
- That the B/P is 128/84
- Respiratory rate is 28
- Pupils - PEARL
- No external bleeding is noted
- Cardiac Rhythm – Sinus tachycardia
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Medical Scenario 1

Read the following to the candidate:

“You arrive on the scene of a single-family residence in your ambulance. The 62 year old patient is found seated on a chair holding his (her) chest.”

Notes for Examiner:

The patient responds to verbal stimuli and is able to answer questions regarding SAMPLE history:

- Chief Complaint - difficulty breathing and chest pain.
- Onset- fifteen minutes ago;
- Provocation- mowing the lawn;
- Quality- sharp sticking;
- Radiation- left arm and jaw;
- Severity worse pain ever felt;
- Time since onset- 25 minutes;
- No allergies
- No medications
- No past medical history;
- Last oral intake was 1 hour ago;
- Events leading up to current condition, patient was mowing the lawn.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is cool and clammy
- Patient is experiencing respiratory distress
- Delayed capillary refill
- Radial pulse is 70 and irregular, when counted, or "normal rate and irregular" when quickly checked
- B/P is 170/92
- Respiratory rate is 26
- “Crackles” are present in both lung fields
- No external bleeding is noted
- Cardiac Rhythm – Sinus rhythm with occasional unifocal pvc

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Medical Scenario 2

Read the following to the candidate:

“You arrive at the local playground in your ambulance. You find the 22 year old patient sitting on the ground.”

Notes for Examiner

The patient responds to verbal stimuli and is able to answer questions regarding SAMPLE history:

- Chief Complaint - severe chest pain, dyspnea, dizziness and left calf pain;
- Onset-stung by something;
- Provocation- none;
- Quality- sharp sticking pain all over;
- Radiation - all over;
- Severity 10/10;
- Time since onset-10 minutes;
- Allergies to bee stings;
- Medications - Epi-pen;
- Pertinent past medical history-almost died the last time stung;
- Last oral intake- 30 minutes ago;
- Events leading up to incident- playing soccer with friends.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill which would have provided this information:

- Skin is cool, damp and clammy with red blotches
- Labored breathing
- Capillary refill delayed
- radial pulse is absent
- Carotid pulse is rapid and weak, rate is 140
- B/P 70/52
- Respiratory rate is 32
- Lung sounds are decreased bilaterally and have wheezes
- No external bleeding
- Cardiac Rhythm – Sinus tachycardia
- Movement in all extremities

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Medical Scenario 3

Read the following to the candidate:

“You arrive at a residence in the ambulance and find a 29 year old patient sitting on the sofa.

Notes for Examiner:

The patient:

- Responds to verbal stimuli;
- Complains of difficulty breathing and has two word dyspnea

The programmed patient may attempt to answer SAMPLE questions based upon:

- Onset- 1 hour ago;
- Provocation-working outside;
- Quality- N/A;
- Radiation-None;
- Severity-Worst it has ever been 10/10;
- Time since onset- 1 hour;
- Allergies-none ;
- Medications - for Asthma;
- Pertinent past medical history-Asthma;
- Last oral intake- 2 hours ago, Events leading up to incident- patient came in from working in the yard.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is pale and dry
- Obvious Shortness of Breath
- Capillary refill normal
- Radial pulse is 100 strong
- B/P 140/86
- Respiratory rate is 26
- Lung sounds have wheezes in all fields
- Cardiac Rhythm – Sinus tachycardia
- No external bleeding

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.

Medical Scenario 4

Read the following to the candidate:

“You arrive at a local residence in the ambulance and find a 67 year old patient sitting in a chair outside. It is a hot humid day.”

Notes for Examiner:

The patient:

- Is responsive to verbal stimulus;
- complains of feeling weak and dizzy;
- complains of abdominal pain.

The programmed patient may attempt to answer SAMPLE questions based upon:

- Onset-Patient was digging post holes;
- Provocation-is not any better since I sat down;
- Quality-None;
- Radiation-None;
- Severity-N/A;
- Time since onset-30 minutes;
- Allergies-None;
- Medications- Insulin (took this AM);
- Pertinent past medical history-Insulin Dependant Diabetic and Asthma;
- Last oral intake- 10 minutes ago (drank a glass of water and skipped lunch);
- Events leading up to incident- patient states he was digging fencepost holes in the back yard for three hours.

The examiner will inform the candidate of the following signs only when the candidate has performed the skill that would have provided this information:

- Skin is pale and moist, clothing is wet
- Capillary refill normal
- Radial pulse is 110 strong
- B/P 140/90
- Respiratory rate is 26
- Lung sounds are clear bilaterally
- Pupillary Response – PEARL
- No external bleeding
- Cardiac Rhythm – Normal Sinus

Other signs are as the candidate observes them. Candidate should use treatment equipment present and state other treatments he or she would provide.